

Scientology

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SCIENTOLOGY WORKBOOK

ANY TWO PEOPLE CAN DO IT

INTRODUCTION

The SCIENTOLOGY WORKBOOK fills a need, often expressed by auditors, for a handy reference of processes to be used on preclears and for use by volunteer auditors on people they would help. Any two intelligent people, after a thorough study of this volume, can do it.

The processes in this volume are taken from the notes and lectures of L. Ron Hubbard. While by no means a complete resume of his current work, these processes include much that he has taught to the Advanced Clinical Course students in Phoenix, Arizona and which have been found remarkably effective in the hands of auditors.

This book was compiled by Dr. Jack Horner after a careful study and use of Hubbard's latest developments. It does not supplant SOP 8C or exteriorization techniques. It is worked better while "exteriorized." It is hoped that it will be of service.

THE SCIENTOLOGY WORKBOOK

Scientology is defined as the science of knowing how to know. It embraces the entire field of knowledge and includes as part of this the human mind, which could be considered as a computer of and vessel for knowledge. Applied Scientology has as its goal the creation of the ultimate freedom of individual beingness, including freedom of action, emotion, thought, perception, communication and knowingness. Scientology also has as its goal the extension of all mankind's present abilities and potentialities, and the discovery of both forgotten and as yet undiscovered abilities. The application of Scientology is designed "to make the able more able," although it is also applicable to all levels of human activities and can deal with the problems of the chronically ill individual as well as with the growth of the most able. The creator and main developer of Scientology, L. Ron Hubbard, spent twenty-five years doing the basic research leading to the broadly applicable and predictable techniques of today.

Scientology is a mental science built upon axioms. Workability in terms of constructive results rather than ivory-towered theorizing has been the primary determinant of its development. Almost any of its parts can be found somewhere in history, even when they were independently evolved by L. Ron Hubbard. There are no principal sources, and where a practice of principle is borrowed from some past school the connection is usually accidental or coincidental and does not admit any further use or validity of that school. Scientology works, and can only be worked, when regarded and used as a unity. Elaboration upon the axioms, theories and techniques of Scientology can be found in the books listed in the bibliography on page eight.

This workbook is intended to assist the able in making themselves more able. It is to be used as a book used in conjunction with another person to help direct the users attention

more effectively through the various sections, or as a book used to supplement individual or group processing applied by a trained Scientologist. The proper use of this workbook helps a person increase his perception, his awareness, his happiness and his self-determinism.

Although thousands of hours are spent in schools gaining an education, most of this time is spent in assimilating information and echoing it when demanded. The reason a person spends time in processing is to increase his perception so that he can use his mind and know how he is using it, something which is not ordinarily taught or even known about in educational institutions. Processing has the advantage of increasing self-determinism as opposed to suppressing it. It also brings the pre-clear to the point where he can function without the limitations and restrictions which were drilled into him throughout his "education."

The processes in this book are the result of thousands of hours of applied research by L. Ron Hubbard and the assistance of many trained field workers. They are processes which will increase a person's abilities and self-determinism with a minimum of effort in a minimum amount of time. This book is best used in conjunction with another person. People with serious problems should consult a trained Scientologist before using this book as there are processes which are even more effective when applied by a person trained in the techniques and principles of this science. While there is little possibility of becoming dangerously disturbed while using this book it cannot be over-stressed that if this should happen one should immediately turn to the End-of-Session exercises in Section XI. If one then goes through Section XI and still feels disturbed he should then contact the nearest trained Scientologist (auditor) who will be quickly able to resolve any discomfort created as a result of these processes. Emphasis must also be placed upon the much greater likelihood that the user of this book, the preclear, will feel happier and more capable after every session.

The correct use of Scientological processes will obtain, without evaluation or further indoctrination on the part of the recipient, the certain knowledge that he is not a body. He will perceive for himself that he is a creative energy-production unit who, through these processes, becomes aware of his purposes and abilities. The energy-production unit which is inherently self-aware and immortal is called a "thetan" in Scientology. Further discussion of the thetan will be found in **Scientology 8-8008** and in issue 16-G of this Journal.

The basic drive of life is survival. As long as the thetan, an immortal unit of awareness, uses a life form it tends to forward the survival goal. The lowest common denominator of the finite universe is survival. As it relates to man, a gradient and differentiated scale of survival can be observed in terms of relative degrees of survival in relation to non-survival, or succumb; this relative scale is known in Scientology as the tone scale which in terms of emotion extends from the death of the body up through pretended death, apathy, grief,

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fear, unexpressed resentment, anger, antagonism, boredom, cheerfulness, enthusiasm, and serenity in that order. More comprehensive descriptions of the tone scale can be found in other works, particularly **Scientology 8-008, Self-Analysis in Scientology**, and in **Science of Survival**.

Individual survival is interdependent in the finite universe with the survival of the finite universe and its constituent parts. The various kinds of survival in terms of the individual and his relationship to them are described in Scientology as dynamics. Dynamic One is the individual and his personal survival. Dynamic Two is sex, children, and education. Dynamic Three includes all groups. Dynamic Four includes all mankind. Dynamic Five includes all life. Dynamic Six is the physical universe which is composed of matter, energy, space and time, usually abbreviated to MEST. Dynamic Seven is theta, or thought, or the human soul. Dynamic Eight is inclusive and refers to God, Infinity. The dynamics are interrelated and the survival of one is dependent to some degree upon the survival of the others. The more balanced the individual is in relation to the other dynamics the more ably he will survive in this universe. Many philosophies have sought a way out of this universe; one of the principles of Scientology is that the only way out of this universe is **through it**.

GLOSSARY

Auditor: One who applies the techniques of Scientology.

Pre-Clear: A person undergoing processing. A pre-clear, also known as a p.c., is a person with the goal of becoming clear, that is clear of his problems and capable of freely self-determined action.

Processing: The application of the techniques of Scientology.

Self-Determinism: The ability to direct one's self with complete freedom of choice.

Facsimile. The recording of any moment of time, including the total perception within the recording. A moment or series of moments or memory, a recording of the event.

Duplicate: An exact copy of a facsimile, a "mock-up," an object, an emotion or anything. Communication and perception depending upon duplication.

Thetan: The individual himself. Awareness of existence as a being. An immortal, energy-production unit.

Mock-up: A consciously self-created idea or mental picture.

THE AUDITOR'S CODE

Whether you are a professional auditor or someone who is using this book in conjunction with a pre-clear, you should know and follow the auditor's code. Hard experience has demonstrated the unpleasantness which follows a failure to use this code. If you are a newcomer and are acting the role of auditor for the first time you should read this section carefully and refer to it if ever in doubt about your own conduct while processing.

The first rule of auditing is never evaluate for the pre-clear; he needs to increase his own self-determinism, not become a victim of yours. Evaluation and interpretation have been main cause of failure in such schools as psychoanalysis.

The second rule of auditing is never invalidate the pre-clear. Even if he says the wall is not really there and you know it is, don't tell him he is wrong no matter how certain you are of

(Auditor's Code, Cont.)

its existence. Again, the pre-clear is attempting to increase his own awareness which has had sufficient negation from others already.

The auditor should remain in two-way communication with the pre-clear.

The auditor should also be trustworthy and courteous. He must also be courageous by carrying through with the process no matter what happens. He must be persistent and patient, thorough and only communicative enough to insure the execution of the processing.

Actually, these are basic rules of good human behavior. If you feel you cannot follow the auditor's code, then you should be a pre-clear until you can do so. On the other hand, do not hesitate because you cannot follow it perfectly at first. If you should make a mistake it can be remedied by going through the stabilizing processes in Section XI, and if you should break the code then the experience will quickly demonstrate the need for it. Further discussion of the auditor's code can be found in other Scientological publications.

AUDITORS NOTE

Because this book is also designed for non-professional the following items have been deleted from this book: the "protect," "ownership," and "hide sections of the sub-zero tone scale and "eating" and "sex" on the "know-to-sex" scale. When used by an auditor these sections can be incorporated to facilitate processing speed and effectiveness by adding them to the straight wire sections. These items are not included because they are often too heavy for application by other than fully trained, professional auditors.

THE PRE-CLEAR'S CODE

The results you achieve will be speeded to the degree you follow the few simple instructions in the pre-clear's code, and your progress will be slowed to the degree that you do not follow them. This code is derived from thousands of hours of research and practice; the few rules listed here have been found to be basic in the auditor pre-clear relationship and you will only interfere with your own progress by not acting upon them.

You, as a pre-clear should:

1. follow instructions. An auditor knows what he is doing and in working with many people his goal with each is to free the individual, not suppress him. No matter how difficult it may at time be to do as he says, as it will be to your advantage to do so. Processing techniques can make a person quite uncomfortable if not done properly. The ability to follow instructions to the best of your ability is the keystone of fast progress. Your auditor will be the most understanding person you know; your cooperation with him will save many hours.
2. remain in communication with the auditor. If you feel a unusual or new sensation, if a picture or thought keeps interfering with the process being used, you should inform the auditor; he can help you to the degree that your communication with him is maintained. If he does something you don't like, tell him so immediately, don't keep it to yourself or save it for the neighbors; failure to maintain good communication can stop your progress entirely. Remember, if you feel something is wrong, say so; auditors are usually perceptive but few are psychic.
3. know that the auditor is restrained by the auditor's code. If you feel like dramatizing anger when you remember something your father did to you, for example, then dramatize the anger by all means, but use the auditor as a listener instead of a target. Auditors are human, too, and while they will patiently accept almost any response you feel, few of them like to be used as punching bags.
4. always thank the auditor at the end of the session. While your case will not be slowed by a failure to do this, thanking the auditor is a simple courtesy which indicates to some degree that you know the auditor is there and that you are aware of him as a person as well as an auditor.
5. take responsibility for your own case. Some pre-clears act like cars which can do nothing without a driver. As you consciously work toward your own improvement you will enhance your progress. Follow instructions but help the auditor by remaining in communication with him and by telling him whenever you feel there is something you would like to talk about or work on.
6. not be late for a session. You should cancel a session well in advance if such cancellation is necessary. If you should leave town for any reason, always inform your auditor.
7. not be discouraged easily. Give these processes a fair chance to work. Do not give up if you should feel discouraged; discouragement is often a sign that the pre-clear is about to take a major step forward. It also can be a means of rationalizing failure to follow instructions.
8. have courage. A pre-clear, like an auditor, sometimes needs courage too. If you do the best you can, then you cannot fail. Remember that the only way out of a problem is through it and the only way out of a session is through it.

You can make life more enjoyable through processing. The more determined you are to be processed and to do a good job of it, the more processing will help you in becoming more self-determined. Good luck and may you never be the same.

GENERAL DIRECTIONS

The processing is divided into eleven sections which are numbered. It is important that each of these sections be done in order, and that each section be completed before moving on to the next one. When possible one section should be completed in each session. When beginning your session allow yourself a specified amount of time and make your session that long, thereby completing a postulated action which is, in itself, a form of processing. Once Section I, the Certainty Assessment, is completed then every session should begin with Opening Procedure, Section II after which you should go on to the section in which you are currently working. Always end your session by quickly going through Section XI, the end-of-session exercises. Failure to do this may result in unnecessary difficulties. Some of these sections **may** create great discomfort and you will notice that each section instructs you to go on to Section XI, the end-of-session exercises. This is particularly important if you are working by yourself and do not have an auditor available. Do not take a chance on failing when you have so much to gain by following instructions. Do not underestimate the power and effectiveness of these processes because of their simplicity; their very power lies in their simplicity. Completion of this workbook will take, on the average, from ten to thirty hours, depending on the state of your case. When you finish the book, then do another certainty assessment which you can compare with the earlier one to determine changes in yourself. Then if you wish you can go through the sections as many times as you wish, or get some processing from your local trained Scientologist who can take you to an even higher level of self-determinism. The HASI offices, at 806 N. 3rd St., Phoenix, Arizona or at 163 Holland Park Avenue, London, W.11, England, and at 507 Market Street Camden 2, New Jersey, will give you the addresses of trained auditors in your area. The processes in this workbook can be done for unlimited periods of time with positive results. Now go on to Section I.

TO CLEAR A QUESTION

Preclears take longer and shorter periods to answer questions. This is "communication lag." The preclear is as unable or unclear on a question as he takes time to answer it. "Clearing a question" means that the question must be asked over and over until this time lag in answering is gone.

SECTION I. CERTAINTY ASSESSMENT

Philosophers have long said that man should know himself without really indicating just how to do so. This certainty assessment, done thoroughly, will give you a fairly clear picture of yourself today. If done again after using the exercises in this workbook for ten hours a comparison of the two certainty assessments will provide you with something by which you can observe change.

In the spaces below write down the **greatest certainty** the pre-clear has about the following: If the pre-clear feels discomfort or you are ending the session go onto Section XI before stopping.

1. yourself
2. your body
3. your activities
4. your work
5. your play
6. your survival
7. your goals
8. sex
9. women
10. men
11. childrenyour children.....
12. school
13. groups
14. government
15. mankind
16. life
17. plants
18. animals
19. bacteria
20. insects

21. reptiles
22. fish
23. the physical universe
24. space
25. time
26. energy
27. thought
28. the soul
29. spirits
30. ghosts
31. God
32. the Devil

SECTION II. OPENING PROCEDURE

Standard processing procedures usually begin with an opening procedure designed to help the pre-clear orient himself sufficiently to make his successive processing more effective. Do not skip any of the steps in opening procedure because they seem too simple or too easy. The effectiveness of this workbook depends on your ability to follow instructions. If the pre-clear has any difficulty at all in any of the steps of opening procedure then do not go on to the next section until he is easily able to do each step with a fair degree of certainty.

1. Locate one wall. Locate another wall.
2. Locate a specific object near your body. Go over and touch it physically. Return to your original position.
3. Locate another specific and small object near you and move it.
4. Locate an object which you can hold, hold it, then let go of it. Repeat this at least six times.
5. Locate two similar objects and find as many differences as possible.
6. Touch your right knee with your right hand; put your right hand where you wish it.
7. Locate another object, then upon **your own decision** to do so, hold on to it and let go of it at least three times. Locate three more objects and, turn, hold on to and let go of them several times when you decide to do so.
8. Locate an exact point on an object. Locate exact points of at least five objects.
9. Locate a spot **in space** at least one foot from the nearest material object. Keep locating it until you are certain of its exact location.
10. Close your eyes, locate the two back corners of the room and don't think for at least two minutes. (This process can be done for hours with beneficial results.)
11. Imagine a situation in which someone agrees with you.
13. Imagine a situation in which someone understands your reaction.
14. Imagine a situation in which you like someone.
15. Think of a direction you wouldn't mind following. Think of a direction someone else wouldn't mind following. Think of a direction you wouldn't mind someone else following. Think of a direction you wouldn't mind others following. Think of a direction others wouldn't mind you following. Think of a direction you wouldn't mind following.
16. Find something around you which you are certain is really real, examine it and observe as much about it as you can.
17. Locate a spot **in space** near your body.
18. Close your eyes, reach out and hold the two back corners of the room for about two minutes without thinking, then let go of the corners.

Go on to the next section. If the pre-clear feels too uncomfortable or if you are ending the session then go on to Section XI before stopping.

SECTION III. GOALS ASSESSMENT

A man is as capable of acting in a self-determined manner as he is capable of postulating goals. Some people stop postulating goals for themselves as the result of failures, then become buffeted about by the actions of every determinism but their own. As a person's ability to create goals and to act toward their completion rises so will his general tone rise. A periodic goals assessment will help you determine the degree of success you are achieving. The other steps in this workbook will steadily help you increase your successes. Answer each question as fully yet as quickly as possible. If you have any great difficulty answering a question then go to the next one. If you notice any great discomfort go on to Section XI. before stopping. Write your answers on a piece of paper.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. State a goal you do not have to complete.
2. State a goal you don't have to complete for others.
3. State a goal others don't have to complete for you.
4. State a goal others don't have to complete.
5. State a goal you wouldn't mind having.
6. State a goal you wouldn't mind others having.
7. State a goal others wouldn't mind you having.
8. State a goal you wouldn't mind achieving.
9. State a goal you wouldn't mind others achieving.
10. State a goal others wouldn't mind you achieving.
11. Find something around you which you are certain is real, examine it and observe as much about it as you can.
12. Locate a spot in space near your body.
13. Close your eyes, reach out and hold the two back corners of the room and don't think for about two minutes, then let go of the corners.
14. If the pre-clear feels too uncomfortable or you are ending the session go on to Section XI before stopping, otherwise go on to Section IV.

SECTION IV DUPLICATION PROCESSING

The operating principles of life can be derived from duplication. Communication and perception are as exact as they approach duplication. A person looks at a scene and makes an energy duplicate of the scene which is called a facsimile. When a person communicates he creates a mock-up of the message or idea which he then attempts to duplicate as closely as possible in his transmission of the message to the other person. The other person's ability to receive the message accurately depends upon his ability to duplicate. As a person cannot duplicate he cannot perceive or communicate. A person's communications are distorted to the degree that he is unable to duplicate accurately. This section will help you to improve your ability to duplicate. Answer each question as quickly as possible. If you cannot easily comply with one question then go on to the next one. If, at any time, you should become particularly uncomfortable or disturbed go on to Section XI.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. Find: an action you wouldn't mind duplicating.
an action you wouldn't mind another person duplicating.
an action you wouldn't mind others duplicating.
2. Find: a form you wouldn't mind duplicating.
a form you wouldn't mind another person duplicating.
a form you wouldn't mind others duplicating.
3. Find: an idea you wouldn't mind duplicating.
an idea you wouldn't mind someone else duplicating.
an idea you wouldn't mind others duplicating.
4. Find: a communication you wouldn't mind duplicating.
a communication you wouldn't mind someone else duplicating.
a communication you wouldn't mind others duplicating.
5. Find: an agreement you wouldn't mind duplicating.
an agreement you wouldn't mind another duplicating.
an agreement you wouldn't mind others duplicating.
6. Find: a symbol you wouldn't mind duplicating.
a symbol you wouldn't mind someone else duplicating.
a symbol you wouldn't mind others duplicating.

7. Find: an object you wouldn't mind duplicating.
an object you wouldn't mind another person duplicating.
an object you wouldn't mind others duplicating.
8. Find: a space you wouldn't mind duplicating.
a space you wouldn't mind another duplicating.
a space you wouldn't mind others duplicating.
9. Find an object, mock it up and duplicate it. Duplicate it more times. Duplicate it several more times. Do what you wish with the mock-up and duplicates.
10. Mock-up a "patch" of nothing. Duplicate it. Duplicate it several more times. Do what you wish with the duplicates and the mock-up.
11. Find something which you are certain is real, examine it and observe as much about it as you can.
12. Locate a spot in space near your body.
13. Close your eyes, hold the two back corners of the room for about two minutes.
14. If the pre-clear feels any great discomfort or you are ending the session, go on to Section XI before stopping. Otherwise go to Section V.

SECTION V SPACE DIFFERENTIATION

Many people spend time trying to keep things together or apart. This process will help you see just how you may be doing this or that you are not doing so. Self-determinism depends upon one's ability to handle space and time and this process will make you more able to do so. Further, it will give you good practice in determining relationships. If the pre-clear feels any great discomfort go on to Section XI. Or if you cannot easily answer one question go on to the next one.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. Name two objects you are not holding apart.
Name two objects others are not holding apart.
Name two objects someone else is not holding apart.
2. Name two objects you are not pushing together.
Name two objects others are not pushing together.
Name two objects someone else is not pushing together.
3. Name two people you are not pushing together.
Name two people another person is not pushing together.
Name two people others are not pushing together.
4. Name two people you are not holding apart.
Name two people another person is not holding apart.
Name two people others are not holding apart.
5. Name two ideas you are not holding apart.
Name two ideas another is not holding apart.
Name two ideas others are not holding apart.
6. Name two ideas you are not pushing together.
Name two ideas another person is not pushing together.
Name two ideas others are not pushing together.
7. Give two emotions you are not holding apart.
Give two emotions another is not holding apart.
Give two emotions others are not holding apart.
8. Give two emotions you are not pushing together.
Give two emotions another is not pushing together.
Give two emotions others are not pushing together.
9. Give two actions you are not holding apart.
Give two actions another is not holding apart.
Give two actions others are not holding apart.
10. Give two actions you are not pushing together.
Give two actions another is not pushing together.
Give two actions others are not pushing together.
11. Locate several things you are not about to hit.
Locate several things you are not about to run into.
Locate several things you are not about to bounce off from.
Locate several things you are not about to fall upon.
Locate several things you are not about to leap against.
12. Find something you are certain is real, examine it and observe as much about it as you can.
13. Locate a spot in space near your body.
14. Close your eyes, locate the two back corners of the room and don't think for about two minutes, then let go of the corners.

15. Go on to Section VI. If you are ending the session or the pre-clear feels too uncomfortable, then go on to Section XI.

SECTION VI VIEWPOINT PROCESSING

People often focus so much attention on the negative aspects of life they lose sight of the more positive viewpoints they could assume. Viewpoint processing is designed to bring a person to a non-compulsive tolerance of all viewpoints in any universe. As a person become aware of the viewpoints he is willing to assume he becomes easily able to assume even more viewpoints. Answer the question as asked. If the pre-clear has any great difficulty answering one question then go on to the next one. If the pre-clear feels any great discomfort go on to Section V before stopping. This process is unlimited; that is, it can be used for an unlimited number of hours with positive effect.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. Give a question you wouldn't mind asking.
Give a question you wouldn't mind others asking.
Give a question others wouldn't mind you asking.
2. Give a thing you wouldn't mind knowing.
Give a thing you wouldn't mind others knowing.
Give a thing others wouldn't mind you knowing.
3. Give a thing you wouldn't mind looking at.
Give a thing you wouldn't mind others looking at.
Give a thing others wouldn't mind you looking at.
4. Give an emotion you wouldn't mind observing.
Give an emotion you wouldn't mind others observing.
Give an emotion others wouldn't mind you observing.
5. Give an emotion you wouldn't mind experiencing.
Give an emotion you wouldn't mind others experiencing.
Give an emotion others wouldn't mind you experiencing.
6. Give an effort you wouldn't mind observing.
Give an effort you wouldn't mind others observing.
Give an effort others wouldn't mind you observing.
7. Give an effort you wouldn't mind experiencing.
Give an effort others wouldn't mind you experiencing.
Give an effort you wouldn't mind others experiencing.
8. Give something you wouldn't mind thinking about.
Give something you wouldn't mind others thinking about.
Give something you would mind someone thinking about.
9. Give a symbol you would mind observing.
Give a symbol you wouldn't mind another person observing.
Give a symbol you wouldn't mind others observing.
10. Give a sound you wouldn't mind hearing.
Give a silence you wouldn't mind hearing.
Give a sound you wouldn't mind another person hearing.
Give a sound you wouldn't mind others hearing.
11. Give a motion you wouldn't mind observing.
Give a motion you wouldn't mind another person observing.
Give a motion you wouldn't mind others observing.
12. Give a motion you wouldn't mind experiencing.
Give a motion you wouldn't mind another person experiencing.
Give a motion you wouldn't mind others experiencing.
13. Give a mock-up you wouldn't mind having.
Give a mock-up you wouldn't mind another person having.
Give a mock-up you wouldn't mind others having.
14. Give a mock-up you wouldn't mind creating.
Give a mock-up you wouldn't mind another person creating.
Give a mock-up you wouldn't mind others creating.
15. Give a mock-up you wouldn't mind destroying.
Give a mock-up you wouldn't mind another person destroying.
Give a mock-up you wouldn't mind others destroying.
16. Find something which you are certain is real, examine it and observe as much about it as you can.
17. Locate a spot in space near your body.
18. Close your eyes, locate and hold the two back corners of the room and don't think for about two minutes, then let go of the corners.

19. Go on to the next section. If the pre-clear feels too uncomfortable or you are ending the session then go to Section XI before stopping.

SECTION VII BE, DO AND HAVE STRAIGHT WIRE

Most people want things they don't have (like money!), and have things like sinus, which they don't want. In the same way their sphere of action is very much limited by compulsions to do some things and restrictions on doing others; and they are only able to play a few limited roles in life. Could you, for example, put aside your usual mannerisms and attitudes to be an actor for a few hours? And have you kept the ability you had as a child to be at will a train, a wind, a cowboy, a mouse, a mountain, a happy being?

Scientology sets people free to make their own self-determined decision, and Be, Do and Have straight wire is one way to free your latent capacity to have do, and be what, when and how you please. The following list of questions should be gone through several times until the pre-clear can easily get many answers quickly to each question, and he should be as certain as he can of his answer. Don't be surprised if at first it takes a little time for him to answer.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. Find something you wouldn't mind having.
2. Find something others don't mind you having.
3. Find something you don't mind others having.
4. Find something you wouldn't mind doing.
5. Find something you don't mind others doing.
6. Find something you don't mind others doing.
7. Find something you wouldn't mind being.
8. Find something others don't mind being.
9. Find something you don't mind others being.
10. Find something round you which you are certain is real, examine it and observe as much about it as you can.
11. Locate a spot in space near your body.
12. Close your eyes, reach out and hold the two back corners of the room and don't think for about two minutes, then let go of the corners.
13. If you are ending the session, or the pre-clear feels too uncomfortable go on to Section XI, otherwise go on to the next section.

SECTION VIII MEMORY AND SIGNIFICANCE

The inability to recall things and people at will often prevents effective action and many pre-clears wish to have a better memory. If you have a poor memory and too easily "forget" things then this section will help you. Although full recall is possible, by the time a person reaches the point where he can recall anything he wishes to remember, he usually discovers that memory no longer has the importance it once had as he is too busily living in the present time working toward the future to be very interested in the past. Even if pre-clear's memory is good, go through this section; it will speed up his recall faculties. Also included in this section is Significance processing. Many people seek a "reason" for everything and must attribute significance to anything with which they come in contact. Further, as long as a person feels that "mysterious" influences affect his life, he limits his self-determinism by agreeing that he can be affected. When a person realizes that whatever significance he sees in things are put there by himself, he then becomes more able either to put or not put significances into things, and the significances become as "real" or imaginary as he wishes. There no longer has to be a reason for everything and he is much more free to act without having to find significance in order to do so. Go through the lists as quickly as possible; if the pre-clear cannot easily answer one question then go on to the next one. If the pre-clear feels any great discomfort go on to section XI before stopping.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. Find something you wouldn't mind remembering.
Find something you wouldn't mind another person remembering.
Find something you wouldn't mind others remembering.

2. Find something you wouldn't mind forgetting.
Find something you wouldn't mind another person forgetting.
Find something you wouldn't mind others forgetting.
3. Find a person you wouldn't mind remembering.
Find a person you wouldn't mind another person remembering.
Find a person you wouldn't mind others remembering.
4. Find a person you wouldn't mind forgetting.
Find a person you wouldn't mind another person forgetting.
Find a person you wouldn't mind others forgetting.
5. Find a space you wouldn't mind remembering.
Find a space you wouldn't mind another person remembering.
Find a space you wouldn't mind others remembering.
6. Find a space you wouldn't mind forgetting.
Find a space you wouldn't mind another person forgetting.
Find a space you wouldn't mind others forgetting.
7. Find something which you wouldn't mind looking at and remembering.
Find something which you wouldn't mind another looking at and remembering.
Find something which you wouldn't mind others looking at and remembering.
8. Find something which you wouldn't mind looking at and forgetting.
Find something which you wouldn't mind another looking at and forgetting.
Find something you wouldn't mind others looking at and forgetting.
9. Find an object you wouldn't mind remembering.
Find an object you wouldn't mind another person remembering.
Find an object you wouldn't mind others remembering.
10. Find an object you wouldn't mind forgetting.
Find an object you wouldn't mind another person forgetting.
11. Think of some things you know that you wouldn't mind remembering.
Think of something you know that you wouldn't mind forgetting.
12. Go through items one through ten again.
13. Locate an object and put six meanings into it. Do this with four more objects.
14. Find a space and put five significances into it. Find five more spaces and do the same thing, one at a time.
15. Remember something you enjoyed and put five significances into the incident. Do this with three more incidents you enjoyed.
16. Locate an object and put three mysterious meanings into it. Do this with another object and put four mysterious meanings into it. Do this with two more objects.
17. Invent a completely fictitious past for yourself; one which you could convince someone else was true for the following periods of time: 1947-49; 1941-43; 1937-39; 1931-33.
18. Imagine that this is exactly two years from now and imagine just what has happened in the past two years with as much reality, detail and significance as you can put into it.
19. Find something around you which you are certain is real, examine it and observe as much about it as you can.
20. Locate a spot **in space** near your body.
21. Close your eyes, locate and hold the two back corners of the room and don't think for about two minutes, then let go of the corners.
22. Go on to the next section. If the pre-clear feels too uncomfortable or you are ending the session then go on to Section XI before stopping.

SECTION IX

VIEWPOINT ARC STRAIGHT WIRE

This form of viewpoint processing approaches viewpoints from a slightly different tangent. Its purpose is to expand a person's viewpoints concerning affinity, reality and communication, the basic triad of human interaction. Go through the

list as rapidly as you can. Viewpoint ARC straight wire is also unlimited. If the pre-clear has any great feeling of discomfort go on to Section XI.

Use Each Question Many Times Until It Is Clear Before Going To Next Question.

1. Name something it would be all right to like.
Name a person it would be all right to like.
Name something it would be all right for another to like.
Name a person it would be all right for another to like.
Name something it would be all right for others to like.
Name a person it would be all right for others to like.
2. Name something it would be all right for you to dislike.
Name a person it would be all right for you to dislike.
Name something it would be all right for others to dislike.
Name a person it would be all right for others to dislike.
Name something it would be all right for another to dislike.
Name a person it would be all right for another to dislike.
3. Name something it would be all right for you to agree with.
Name a person it would be all right for you to agree with.
Name something it would be all right for another to agree with.
Name a person it would be all right for another to agree with.
Name something it would be all right for others to agree with.
Name a person it would be all right for others to agree with.
4. Name something it would be all right for you to disagree with.
Name a person it would be all right for you to disagree with.
Name something it would be all right for another to disagree with.
Name a person it would be all right for another to disagree with.
Name something it would be all right for others to disagree with.
Name a person it would be all right for others to disagree with.
5. Name something it would be all right for you to communicate with.
Name a person it would be all right for you to communicate with.
Name something it would be all right for another to communicate with.
Name a person it would be all right for another to communicate with.
Name a person it would be all right for others to communicate with.
Name something it would be all right for others to communicate with.
6. Give something it would be all right for you to refuse to communicate with.
Give a person it would be all right for you to refuse to communicate with.
Give something it would be all right for another to refuse to communicate with.
Give a person it would be all right for another to refuse to communicate with.
Give something it would be all right for others to refuse to communicate with.
Give a person it would be all right for others to refuse to communicate with.
7. Give something it would be all right for you to remain ignorant of.
Give something it would be all right for another to remain ignorant of.
Give something it would be all right for others to remain ignorant of.
8. Find something around you which you are certain is real, examine it and observe as much about it as you can.
9. Locate a spot **in space** near your body.
10. Close your eyes, reach out and hold the two back corners of the room without thinking for two minutes, then let go of the corners.
11. Go on to Section X. If the pre-clear feels any great discomfort or you are ending the session go to Section XI before stopping.

SECTION X STANDARD CREATIVE PROCESSING

Without the use of his imagination man would never have survived. A person is as capable of accomplishment and survival as he is capable of imagining his future. Creative processing will sharpen one's ability to use his imagination more effectively. If the pre-clear feels that he has a good imagination then these exercises should be quite easy for him to do and they will be good practice. The pre-clear will be asked to "mock-up" scenes. A mock-up is a consciously created picture. In each question you should use the list of senses at the beginning of this section and concentrate on one of these as it would be found in the scene you are mocking up. Use a different sense in each mock-up and continue rotating through the sense list. If the pre-clear feels too uncomfortable at any time go on to Section XI. If you have great difficulty mocking-up one scene then go to the next one.

Sense list: sight, smell, touch, color, tone, external motion, loudness, emotion, body position, quietness, weight, personal motion.

Mock-up a scene in which:

1. You are happy.
2. You receive money.
3. You finish constructing something.
4. Someone gives you something.
5. You eat something good.
6. You have a friend.
7. You feel energetic.
8. Someone is waiting for you.
9. You see something you like.
10. You acquire something good.
11. You laugh at a joke.
12. You best something dangerous.
13. Someone thinks you are important.
14. You are enthusiastic.
15. You own something.
16. You enjoy life.
17. You feel strong.
18. Someone helps you.
19. Someone you dislike leaves.
20. You take a pleasant journey.
21. It is very late.
22. You are early.
23. Everything is very bright.
24. You are bigger than an animal.
25. You are smaller than an object.
26. You are bigger than a person.
27. You are smaller than a person.
28. Things look little to you.
29. Things look big to you.
30. You are in a vast space.
31. You look at the stars.
32. Someone is angry.
33. Someone wants something.
34. You desire something.
35. You are happy.
36. You win by feeling antagonistic.
37. You feel affectionate.
38. You admire something.
39. Something is amiable.
40. You are amused.
41. You approve of an object.
42. You attack something successfully.
43. You are believed.
44. You disperse anxiety.
45. You understand.
46. You win the struggle.
47. You can come and go as you please.
48. They find that you have been wrongly suspected.
49. They discover you are valuable.
50. You have to go.

51. You can be as contrary as you wish.
52. You overlook a defect in a friend.
53. You are depended upon.
54. Someone tries to send you away and you don't go.
55. You find you have taken someone too seriously.
56. You watch an unfriendly person move past.
57. You find shame is unnecessary.
58. You are enjoying yourself.
59. You get something you have wanted.
60. Someone likes you.
61. Find something you are certain is real, examine it and observe as much about it as you can.
62. Locate a spot in space.
63. Close your eyes, locate the two back corners of the room and don't think for about two minutes, then let go of the corners.
Go on to the next section.

SECTION XI END OF SESSION STABILIZING EXERCISES

This section is designed to alleviate any discomfort the pre-clear may have encountered in preceding sections. It is also intended as a means of bringing him stably to present time and placing him in good contact with your environment. Go through this list until he feels refreshed in your immediate surroundings.

1. Recall a time which really seems real to you.
2. Recall a time when you felt real affinity from someone.
3. Recall a time when someone was in good communication with you.
4. Recall a time when you felt deep affinity for someone else.
5. Recall a time when you knew you were really communicating to someone.
6. Recall a time when several people agreed with you completely.
7. Recall a time when you were in agreement with someone else.
8. Recall a time when within the last two days when you felt affectionate.
9. Recall a time in the last two days when someone felt affection for you.
10. Recall a time in the last two days when you were in good communication with someone.
11. Recall a time in the last two days which really seems real to you.
12. Recall a time in the last two days when you were in good communication with people.
13. Mock-up the session. Duplicate it. Duplicate it again. Do what you wish with the duplicates.
14. Find an object near you which is real. Examine it and observe as much about it as you can.
15. Close your eyes, reach out and hold the two back corners of the room for about two minutes, then let go of the corners.
16. End of session.

WHAT IS THE HASI?

The Hubbard Association of Scientologists, International, is an organization of scientists, psycho-therapists, ministers and interested layman possessing the common goal of a saner world.

Founded as a non-profit corporation in Arizona, the H.A.-S.I. has offices on all the continents of Earth. Its principle headquarters are at 806 N. 3rd St., Phoenix, Arizona with offices of almost equal rank at 507 Market Street, Camden New Jersey and at 163 Holland Park Avenue, London, W. 11, United Kingdom. Correspondence concerning publications, membership, the Journal of Scientology, tapes and processing should be addressed to the Phoenix, Arizona office from which they will be re-routed if necessary.

The H.A.S.I. is the qualifying body for the rating of practitioners in Scientology and is the only organization authorized to train in Dianetics or Scientology.

It is the largest and most effective organization of its kind in the world today.

General membership in the H.A.S.I. is available to the interested public for \$8.50 per year. This fee includes the subscription price of the Journal of Scientology. Those interested in furthering the goals of the Association are invited to enroll.

Professional Membership in the H.A.S.I. is open to professional auditors only at a cost of \$25.00 (£10) per year. This membership includes directory service, a year's subscription to the Journal of Scientology and the twice-a-month Professional Auditors Bulletins issued from London.

Special Membership in the H.A.S.I. is available to non-certified practitioners at the same price and with the same services as professional membership.

Founding Membership in the H.A.S.I. signifies a founding status of the organization itself and is no longer available.

The H.A.S.I. has Associate Schools and Clinics which, while connected to the central organization, exist entirely autonomously. Training received from Associates leads to certification as a professional auditor, but only after the applicant, finishing his training, applies to the H.A.S.I. examining boards located in Phoenix, Camden and London and passes the examinations in those places.

AUDITOR DEGREES

As it may be of considerable interest to a preclear, the following auditor ratings and certifications exist. To a considerable extent they measure the skill of the auditor.

HUBBARD CERTIFIED AUDITOR. This rating is issued to persons trained by associates and by the H.A.S.I. Prior to July 1, 1954 all H.C.A. ratings were given to auditors without a central examination. All those dated after July 1, 1954 have been given only after thorough examination.

BACHELOR OF SCIENTOLOGY: This rating is issued to those of more skill than an H.C.A. by reason of greater experience and more training. However, the B. Scn. was issued without rigorous examination until July 1, 1954. Certificates dated after this date demonstrate the passing of a very arduous examination in the H.A.S.I. central offices.

DOCTOR OF SCIENTOLOGY: This degree is not very general. It denotes that the auditor has possessed all lower ratings and has been specially trained by the H.A.S.I. in its own schools. Early D.Scen. diplomas denote that the auditor was trained by L. Ron Hubbard and the H.A.S.

HUBBARD GRADUATE AUDITOR. This is the highest existing rating. It is given as an honorary award by the Board of Directors of the H.A.S.I. to those auditors which the board feels are especially trustworthy and skilled as auditors. It is given without regard to other ratings but is normally extended only to those who have attained the level of D.Scen.

FELLOW OF SCIENTOLOGY: F.Scen. is not an auditing degree. It is an honorary award extended by the H.A.S.I. for spectacular contributions to the science itself. There are very few of these. The F.Scen. award carries with it the specific addition to the science for which the rating was awarded. An F.Scen. is not necessarily a skilled or degreed auditor.

Older and no longer verified ratings include HUBBARD DIANETIC AUDITOR, DIANETIC AUDITOR and FELLOW OF DIANETICS. Any proficient auditor has long since availed himself of the invitation to convert an H.D.A. or D.A. or F.D. into their later ratings, H.C.A. and F.Scen. An auditor who has an H.D.A. and an H.C.A. or B.Scen. denotes, however, long time experience in auditing — "since Book One." H.D.A.s who have not converted their ratings or auditors who have no rating should be carefully regarded by preclears, according to H.A.S. experience.

While there is no fixed standard of rates, general practice charges in accordance to the rating of the auditor and the difficulty of the case. Many auditors charge a basic fee of \$50 to which auditing fees are then added. A Doctor of Scientology is well within his rights to ask \$50 per hour since the results he will achieve will be rapid and stable. This sum paid to a D. Scn. may in the end amount to less money than would be paid to an H.C.A. at a lower hourly fee.

A B.Scen. could be expected to charge about \$25 per hour. An H.C.A. could be expected to charge around \$15 per hour.

Above these rates, a HUBBARD GRADUATE AUDITOR has been known to receive \$5,000 for twenty hours of processing.

When one recognizes that one paid, in psycho-analysis, an average of \$9,925 for a "complete analysis" which guaranteed nothing and was usually fruitless, one can see that modern auditing is very inexpensive and would be at \$200 an hour. In general it is much less expensive to be audited than to be treated for a psychosomatic illness in the field of medicine.

PUBLICATIONS AND TAPES

The H.A.S.I. has many publications available on the subject of Scientology. Also available are numerous tape recordings of Scientology data and group or individual auditing. These tapes are used to further whole groups of people toward their goals.

The H.A.S.I., 806 N. 3rd Street, Phoenix, Arizona, offers a STANDARD INFORMATION PACKAGE on Scientology for \$5.25 including postage. This package contains many books and papers, arranged for general study, and is of considerable assistance in bringing the preclear to a much higher level of understanding himself and of life. The package is slanted toward the beginner in Scientology but includes some of the most notable publications on the subject.

HOW TO START A GROUP

If you have received benefit from Scientology or auditing and wish this benefit to be shared by others, you can start a SCIENTOLOGY GROUP amongst your friends. This group, which could assemble for the benefit of group auditing and discussion, can be started with a very few people.

The progress of this civilization may well depend upon such efforts as Scientology Groups. If you want to do your bit and help your fellow man, write the H.A.S.I. for information on starting groups and become a registered group of the H.A.S.I.

This workbook material has been taken from the researches and investigations of L. Ron Hubbard, author and nuclear physicist. Parts have been borrowed from other Scientology publications. Some of the material is directly from the Advanced Clinical Course in Phoenix. The book itself was compiled by Jack Horner, H.D.A., D.Scen.

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